

# DORSET PRIMARY SCHOOL

## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at Dorset that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

### GUIDELINES

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

Dorset **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students:

- **Shade**

Dorset will provide for sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as the canteen and playground areas.

- **Sun protective uniform/clothing**

At recess and lunch times from September to April, and whenever UV levels reach 3 and above, all students **must** wear a hat when playing outside.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed or bucket. Students who may not be wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun. On free dress days, students will still be required to wear clothing that follows the above guidelines (being sun smart).

- **Sunscreen**

During extracurricular activities such as camps, sport, excursions, etc., students may be requested to apply or reapply if deemed necessary by the supervising teachers. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact their Teacher/Principal to implement a management plan to reduce the risk of an allergic reaction. Parents are encouraged to provide sunscreen.

### REVIEW CYCLE

This policy was last updated on March 2018 and is scheduled for review on March 2019